



## MOTHERS NOTEBOOK

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WIC is an equal opportunity  
provider and employer.

## Second Week Edition

**Help! I need some sleep.** Most new moms can identify with this. Sleep is hard to come by when you have a new baby. By now most moms are sleep deprived. That means not only feeling tired but having a hard time coping with stress, crying easily and having difficulty concentrating. Take heart because this will pass. In the meantime, sleep when you can. Let cleaning and other things go for a while. Sleep can sometimes feel like a waste of time when you have so much to do, but you will feel so much better.

**Go Slow!** You are on baby time for a while. Give yourself permission to slow down and enjoy time with your baby. It is such a short time that babies need so much attention. The time you spend with your baby now will benefit her for a lifetime.

**Babies have what we call “growth spurts” about every 2 weeks during the first 8 weeks. During these times of rapid growth your baby will eat more often and want to be held a lot. Because your baby eats all the time you may think you are not making enough milk. Be patient and keep breastfeeding on demand. Your milk supply will rise to meet the greater demand in a day or two.**

## Co-sleeping with my baby—Can it be done safely?

**Sleeping in the same bed as baby** has become controversial in the last few years and moms get some mixed messages. You may read that sleeping with a baby is dangerous and you could roll onto the baby. Your mother tells you mothers have been sleeping with babies for centuries. Breastfeeding advocates recommend keeping the baby skin to skin in the first few weeks to establish a good milk supply and get more rest. So, what is the right thing to do?

Most moms, despite advice not to, fall asleep holding their babies. They are very tired and fall asleep while feeding the baby even when they didn't intend to. It is natural for a newborn to want to be close to its mother and they sleep longer. If you feed your baby in bed take some precautions to make it safe.

### How to practice safe co-sleeping:

1. Lay on a firm mattress, not a water bed or sofa.
2. Remove pillows and heavy blankets from babies sleeping area.
3. Don't co-sleep after drinking or taking any sleeping pills.
4. Do not leave your baby alone in an adult bed.
5. Babies should sleep on their backs.

**Now is a good time to review the book or DVD you got from WIC. It can answer questions that you may have as baby gets older. Didn't get one? Call me, I can bring it over and see your new baby.**